

A TO Z INDIA

January 2021 • Volume 04 • Issue 06

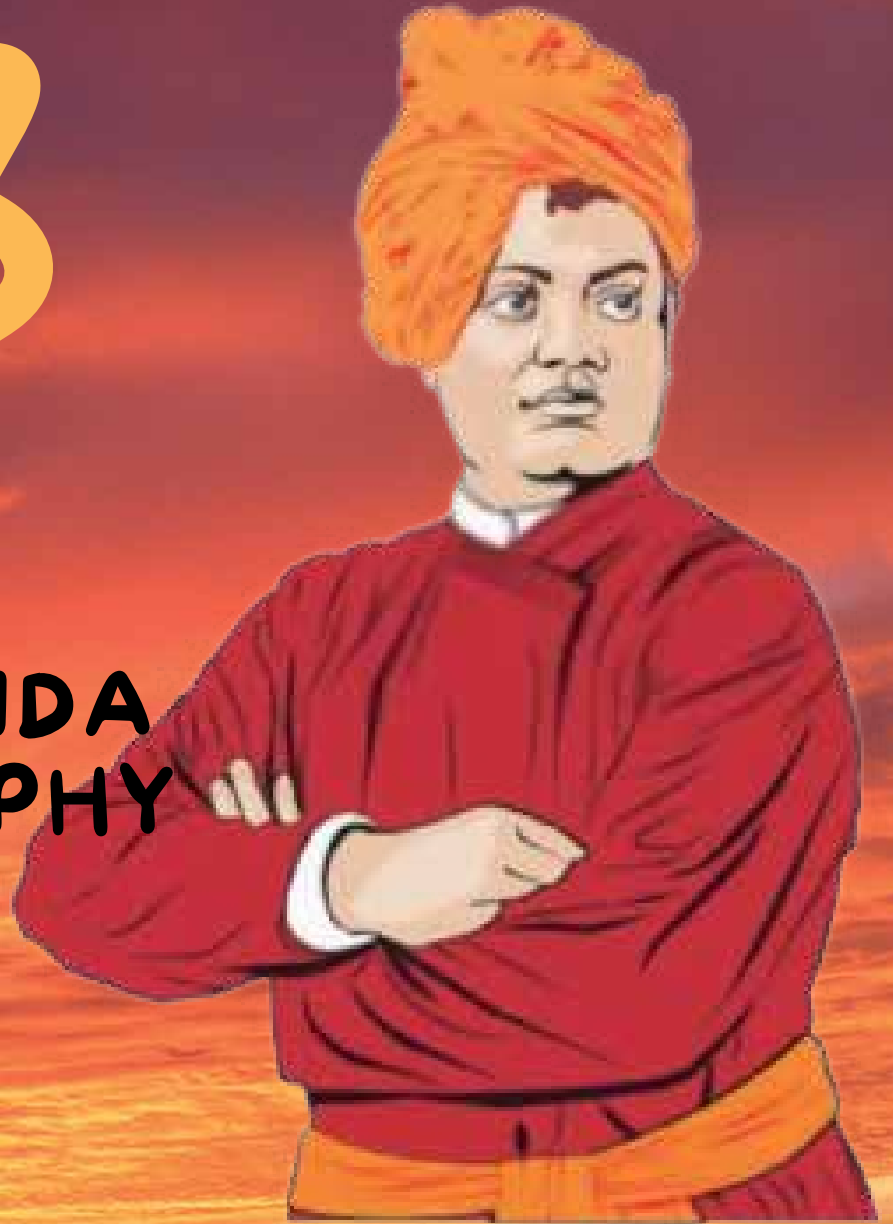
English & Tamil Monthly Magazine

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08

SWAMI VIVEKANANDA - A BIOGRAPHY

• DWARAK



Indian Culture ● Indian Art ● Indian Lifestyle ● Indian Religion

VIVEKANANDA ROCK MEMORIAL

◇ INDIA ◇



Vivekananda Rock Memorial

● Kanyakumari, India



04

EDITORIAL: THE BEST BUDDHA QUOTES FOR PEACE AND HAPPINESS

Buddha's words of wisdom have stood the test of time on a number of broad topics. As you read through the quotes, see if you can find three Buddha quotes that inspire new insights, echo your experience, etc.

08

INDIAN PHILOSOPHER & SAINT: SWAMI VIVEKANANDA

From his work would later come the Vedanta Society of Northern California and the Southern California.

17

சுவாமி விவேகானந்தர்:
சிறுவர்களுக்காக ஒரு
குறு கதை
என்றும் மக்கள் மனதில்
நிலைத்திருப்பவர்,
இந்திய கலாச்சாரத்தின்
ஒரு அரிய பொக்கிஷம்!

16

IMPORTANT FESTIVITIES: THIRUVALLUVAR DAY 2021

Thiruvalluvar Day is usually celebrated either on the 15th or 16th of January in the state of Tamil Nadu.

24

கலாச்சாரம்: ஐ ஐ ஐ
கவலையை விரட்டுவாள்
காளிகாம்பாள்
பிரார்த்தனை மற்றும்
தியாந்தத்தின் மூலம் நாம்
இரைவநிடம் உள்ளாந்த
தொடர்பை வளர்ந்துக்
கொள்ள இயலும்.

inside

FROM THE EDITOR

A TO Z INDIA magazine covers the Indian through his art, culture, lifestyle, religion, etc. This magazine gives an insight into the life of Indians from an angle uncovered by others. Turn to find out what it is about and to immerse yourself into an entirely different culture.

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Editorial: Pongal

2021 - Date,

history, importance and significance

➤ **Indira Srivatsa**

HAPPY
PONGAL

» **Pongal 2021 Date:** This festival is dedicated to the Sun god. It corresponds to Makar Sankranti, also a harvest festival celebrated in various parts of the country

» **Pongal 2021 Date:** Pongal is a multi-day harvest festival celebrated by the Tamil community at the start of the Tai month of the Tamil solar calendar. This year, Pongal will begin on January 14, Thursday, and end on January 17, 2021.

This festival is dedicated to the Sun god. It corresponds to Makar Sankranti, also a harvest festival celebrated in various parts of the country. The festival marks the end of the winter solstice and the start of the sun's journey northward. The four days of the festival are called Bhogi Pongal, Surya Pongal, Maatu Pongal and Kaanum Pongal.



This festival is named after the traditional sweet dish Pongal ("boiling over") made with rice boiled in milk with jaggery. It is first offered to the gods and goddesses and then enjoyed by the family.

Editorial: Pongal

2021 - Date,

history, importance and significance

➤ **Indira Srivatsa**

HAPPY
pongol

According to some scholars, the origin of the Pongal dish can be traced back to at least the Chola period; it appears in a lot of texts and inscriptions with variations in spelling. Some Hindu temple inscriptions from the Chola to Vijayanagara Empire periods are also known to include the detailed recipe.

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Celebrations also involve decorating cows, ritual bathing, making rice powder-based kolam artworks, offering prayers, and meeting friends and relatives.

Indira
Srivatsa

EDITOR - A TO Z INDIA



Kathakali - The classical dance drama of Kerala

➤ Chandra



Famous around the world, Kathakali's magnificence has won great admiration for the state of Kerala. Proud that this renowned artform originated, was originated from Kerala's shores over 300 years ago. It combines devotion, drama, dance, music, costumes and make up into a divine experience for all who get to view it. It retells the great stories of the past, mostly from Indian epics, and leaves one spellbound at the various intricacies involved in the performance. Every single quiver of the lips, flicker of the eyes or a movement involving the fingers twirling, has great significance. The entire performance sees the audience unable to take their eyes away from the spectacle taking place on stage.

» Kathakali Make-up: The costume is elaborate and the face is painted in vivid hues. The Vesham or make-up is of five types - Pacha, Kathi, Thadi, Kari and Minukku. The pomp and magnificence of Kathakali is partly due to its décor, part of which is the kireetam (huge ornamental headgear) and the kanchukam (over sized jackets), and a long skirt worn over a thick padding of cushions. The artists completely immerse themselves and the audience into the story they're describing.

» Pacha (Green): Pacha Vesham or the green make-up portrays noble protagonists.

» Kathi (Knife): Kathi Vesham portrays villainous characters.

» Thadi (Beard): There are three types of beards or Thadi Veshams. VellaThadi or White beard for superhuman monkeys like Hanuman. ChuvannaThadi or Red beard meant for evil characters. KaruthaThadi or Black beard for the hunter.

» Kari (Black): Kari Vesham is used for she-demons.

» Minukku (Prettying Up): The "Minukku Vesham" is used for female characters and sages.

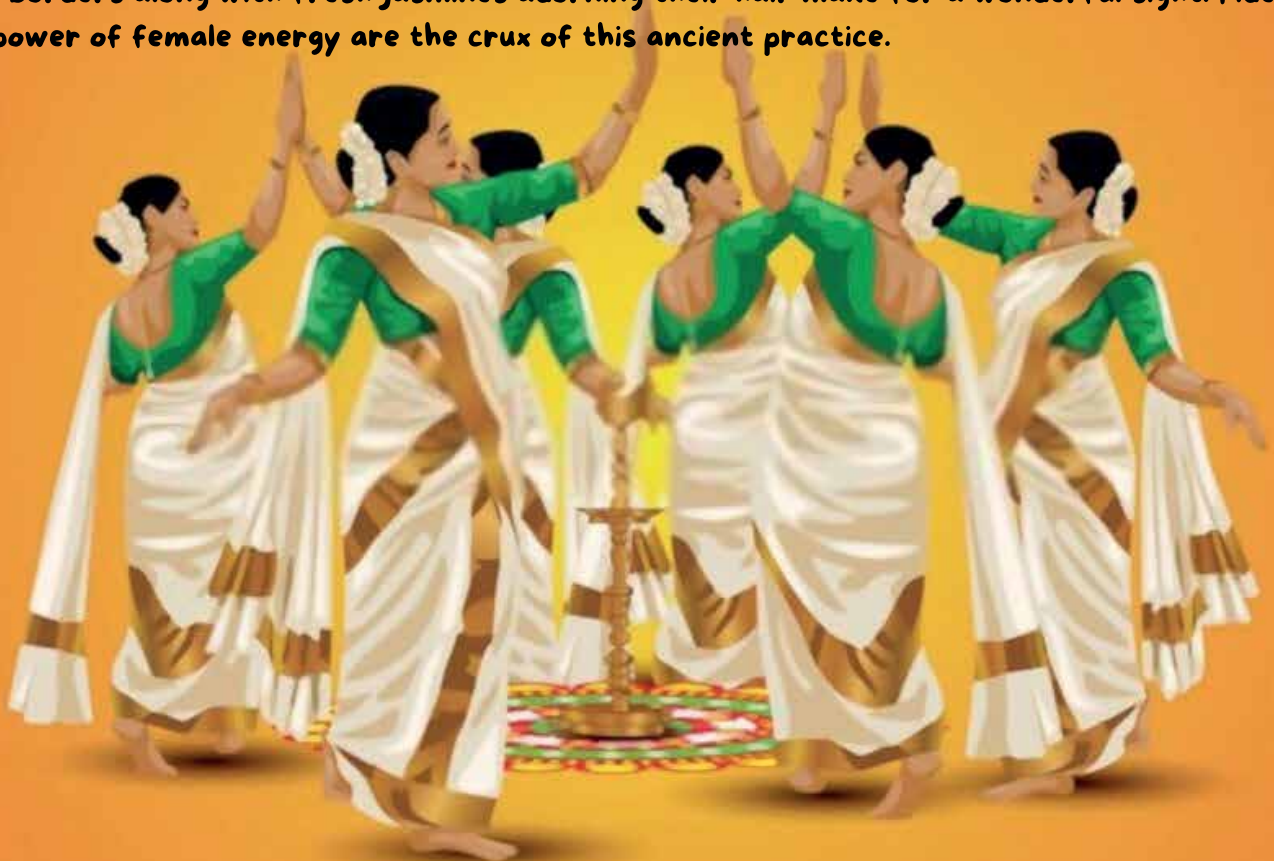
Thiruvathira

- A dance performed by women

➤ Chandra

Thiruvathirakali or Kaikottikali is a unique dance performed in Kerala on the auspicious day of Thiruvathira, the birthday of Lord Shiva. It is performed by women who seek blessings for eternal marital bliss. It falls in the Malayalam month of Dhanu (December-January). As per Hindu mythology, this dance is what brought Kamadeva (God of Love) back to life when he had been burnt to ashes by Lord Shiva's fury.

Groups of up to eight or ten women are seen dressed in traditional Kerala attire, dancing in a circle. The graceful movements of the dance are both enchanting and elegant. The white saris with colourful borders along with fresh jasmines adorning their hair make for a wonderful sight. Fidelity and the power of female energy are the crux of this ancient practice.



Indian Philosopher & Saint: Swami Vivekananda - A Biography

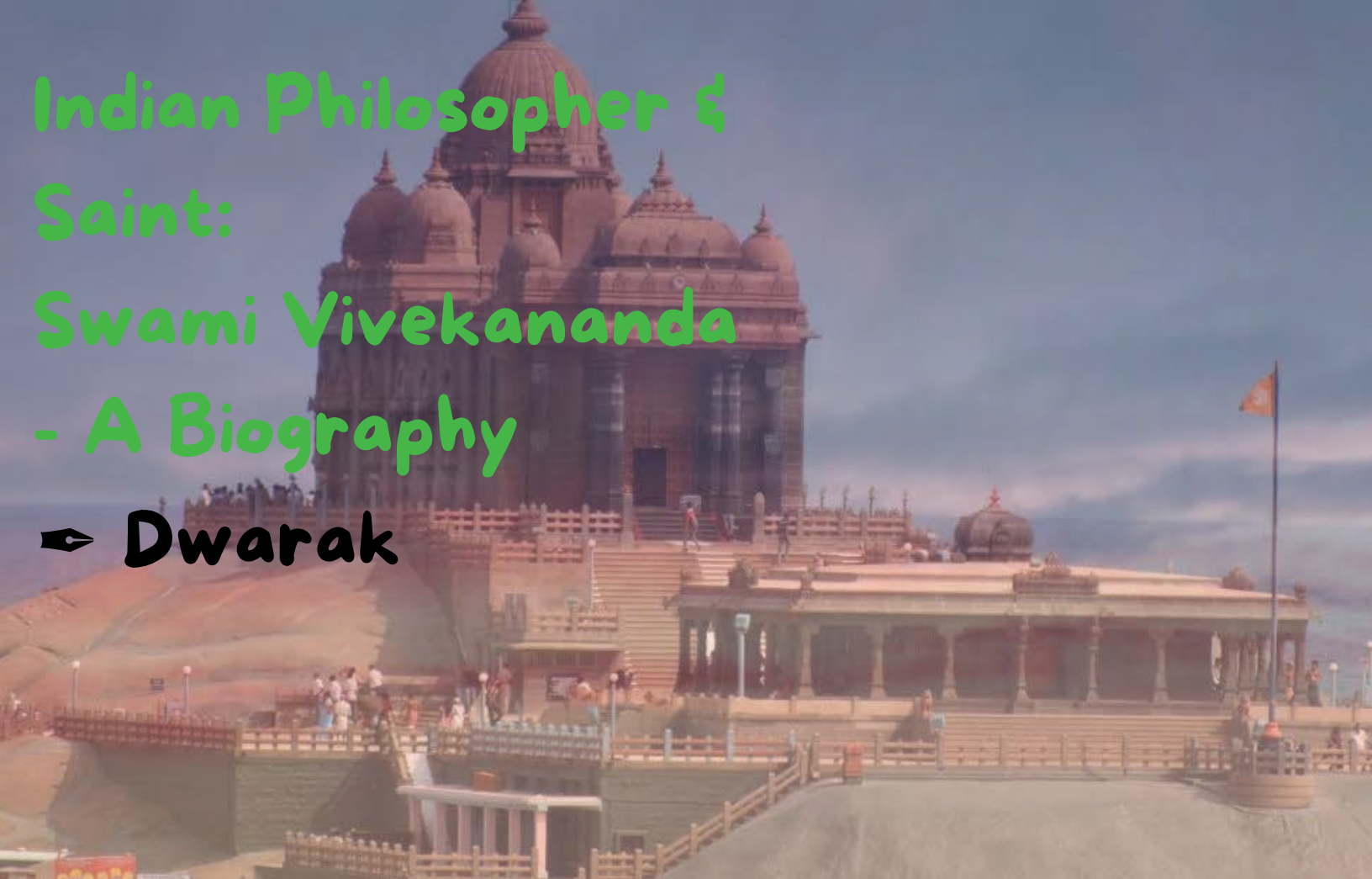
➤ Dwarak

» Swami Vivekananda - a Biography:

To study the origin of the Vedanta movement in America is to study Swami Vivekananda and his travels across the US. We like to put the spotlight on him since his message about self-effort, strength, and freedom of the soul is especially favored by the Western mind. But who was he? What was the magic in his message that made him so popular in America and his homeland of India? We shall only attempt a brief sketch here.

Swami Vivekananda or Narendra as he was called then, was born on January 12, 1863. Bright and full of energy, his mother found him extremely restless and hard to control. "I prayed to God for a son, but he sent me one of his demons," she would sometimes say in frustration. But he was not a bad boy. He had an early fascination for the wandering monks that are so common in India and would practice meditation for fun.

As he grew older, Narendra excelled at his studies and amazed his teachers. At college he mastered Western philosophy and logic and seriously questioned the orthodox beliefs of Hinduism. Reason, he felt, was the surest guide in life. Yet reason didn't satisfy the yearnings of his soul. About this time, he met a holy man by the name of Sri Ramakrishna. The holy man was in many ways from quite a different background than Narendra, yet Narendra was drawn to him. On the one hand, Ramakrishna seemed to be a madman and a monomaniac, yet, the holy man radiated a holy atmosphere unlike anything he had experienced elsewhere. The more Narendra saw him, the more he saw an extraordinary holiness and a most uncommon sanity.



Indian Philosopher & Saint: Swami Vivekananda - A Biography ➤ Dwarak

As their relationship grew, Narendra was fired by the ideals of renunciation, the concept that the only important thing in life was to realize God. After Ramakrishna died, Narendra took the vows of a monk and became Swami Vivekananda. For two years he wandered throughout India growing spiritually and experiencing many hardships. He saw the great poverty of India and pondered deeply the role of religion and the suffering of the masses. He impressed great kings with his wisdom, yet learned wisdom during his moments of pride from the lowly of society.

His wanderings helped to develop an understanding of the real meaning of religion. As he said to two of his brother disciples that he happened to see at a train station,

I have traveled all over India. But alas, it was agony to me, my brothers, to see with my own eyes the terrible poverty and misery of the masses, and I could not restrain my tears. It is now my firm conviction that it is futile to preach religion amongst them without first trying to remove their poverty and their suffering. It is for this reason - to find more means for the salvation of the poor in India - that I am now going to America.

We should understand that at this time in India, such talk was almost heresy. Society said a monk should busy himself with meditation and other spiritual practices, not doing social service.

True to his word, Vivekananda traveled to America to speak at a conference in Chicago that he had heard about called The World's Parliament of Religions. When he arrived, he discovered that not only had



Indian Philosopher & Saint: Swami Vivekananda - A Biography

➤ Dwarak

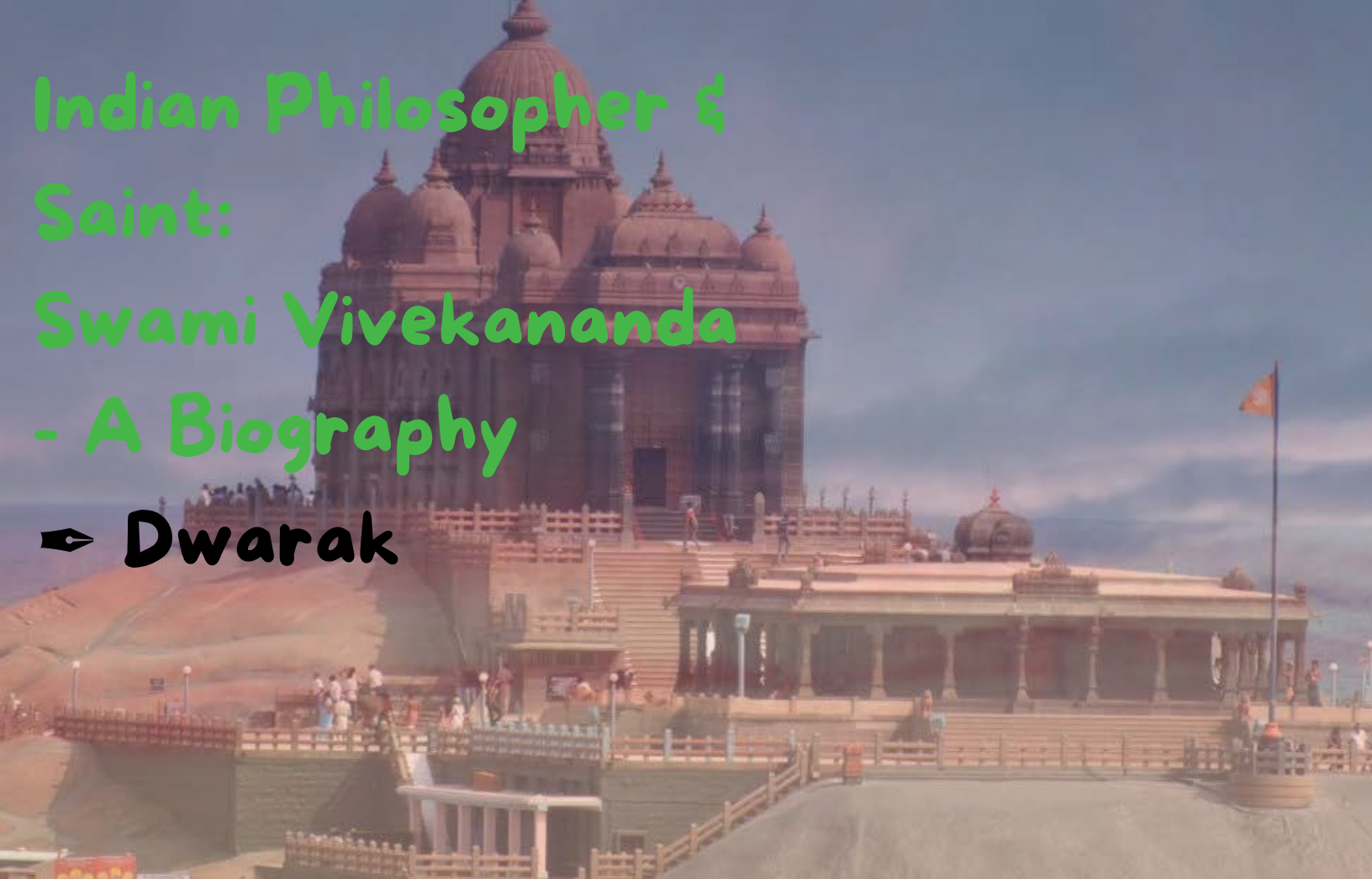
he come too early, but that he lacked proper papers to be a delegate. The authorities wouldn't recognize him.

But Providence has its ways. He came to meet Professor J.H. Wright, of the Greek Department at Harvard University. They talked for hours. The professor was so impressed that he insisted that his new friend should be the representative of Hinduism at the Parliament. On hearing that the Swami lacked proper credentials, he replied, "To ask you, Swami, for your credentials, is like asking the sun to state its right to shine." The professor wrote a letter to a friend in charge of selecting the delegates saying, "Here is a man who is more learned than all our learned professors put together."

On September 11, 1893, Swami Vivekananda attended the Parliament as a delegate to speak. Nervous at first, he passed on his chance to speak. Finally, he spoke, in words that became famous throughout the world:

» Sisters and brothers of America:

It fills my heart with joy unspeakable to rise in response to the warm and cordial welcome which you have given us. I thank you in the name of the most ancient order of monks in the world. I thank you in the name of the mother of religions, and I thank you in the name of the millions and millions of Hindu people of all classes and sects I am proud to belong to a religion which has taught the world both tolerance and universal acceptance I am proud to belong to a religion which has sheltered the persecuted and the refugees of all religions and all nations on earth.



Indian Philosopher & Saint: Swami Vivekananda - A Biography ➤ Dwarak

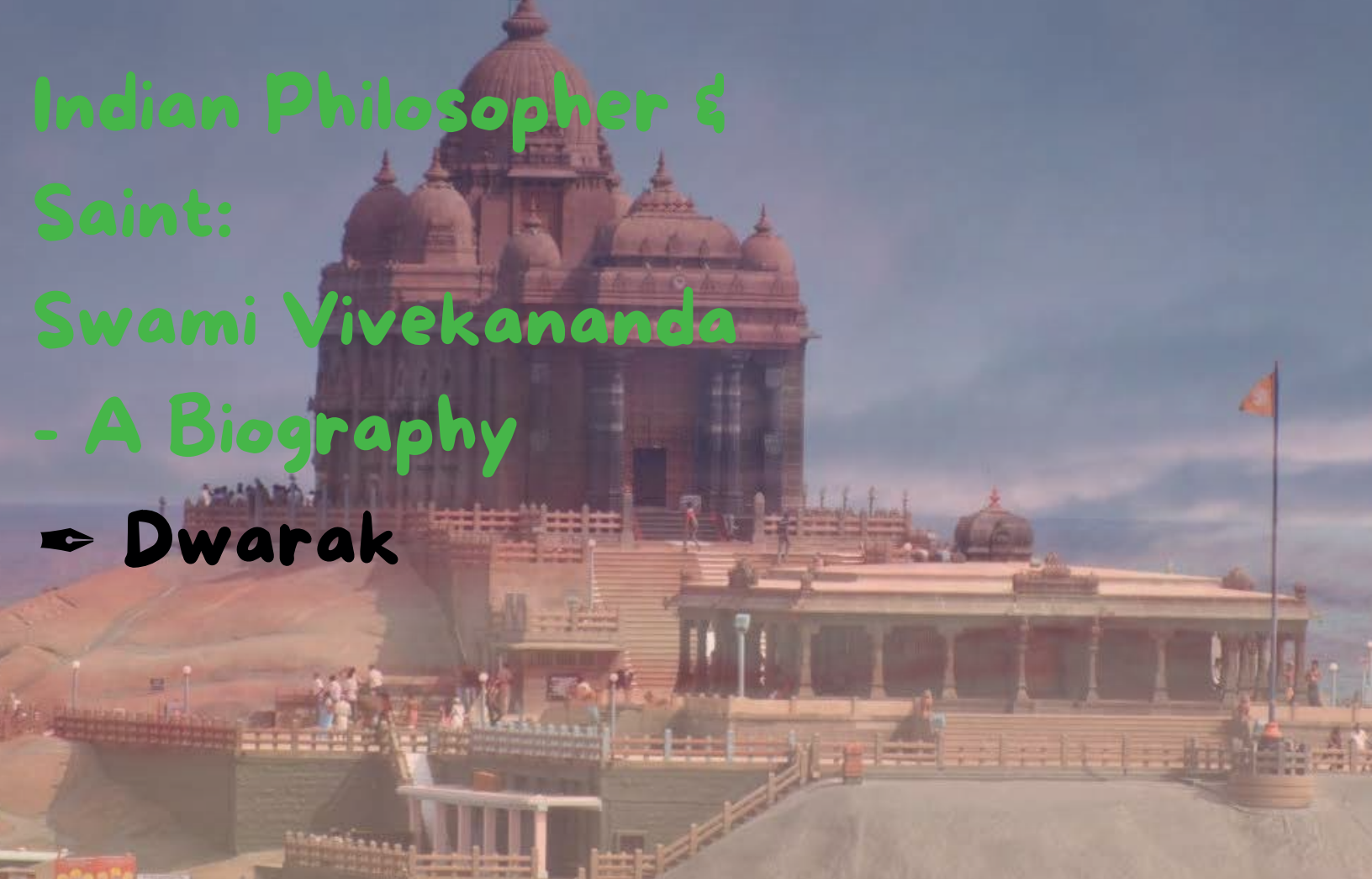
Swami Vivekananda was thus introduced to the world at the Parliament. People flocked to hear him, although certain Christian missionaries were furious. How could they collect money for converting the heathens in India when such a dynamic speaker existed? The New York Herald called him "Undoubtedly the greatest figure in the Parliament of Religions. After hearing him, we feel foolish to send missionaries to this learned nation."

After the Parliament, the Swami traveled throughout the United States and England lecturing and giving the Western world his best teachings on Vedanta, teachings that seemed customized for the particular needs of the western mind.

His first book on the yoga of meditation was assembled and published as Raja Yoga.

Later came out a collection of his talks on the intellectually demanding approach Jnana Yoga, and finally, talks on the yoga approaches that suit most people Karma and Bhakti Yoga. A series of private talks to his most serious students at Thousand Islands Park in New York was later published as Inspired Talks.

After four years, Vivekananda finally returned to India for a hero's welcome. Here he was able to put many of his ideas in practice such as service to the poor, education, hospitals, and relief in times of natural disaster. A major day came in 1899 when the permanent headquarters of his brother monks, called the Ramakrishna Order of India, was consecrated.



Indian Philosopher & Saint: Swami Vivekananda - A Biography ➤ Dwarak

He said to his disciples,

The history of the world is the history of a few men who had faith in themselves. That faith calls out the divinity within. You fail only when you do not strive sufficiently to manifest infinite power. As soon as a man loses faith in himself, death comes. Believe first in yourselves, and then in God. A handful of strong men will move the world. It is the salvation of others that you must seek; and even if you have to go to hell in working for others, that is worth more than to gain heaven by seeking your own salvation.

Later in 1899, the swami returned to America. Although his body was weak from so much lecturing and traveling, he continued to talk and give classes. In one instance, as described by a student,

An old church lady asked him why he never spoke of sin. There came a look of surprise on the Swami's face. "But madam," he said, "blessed are my sins. Through sin I have learned virtue. It is my sins as much as my virtues, that have made me what I am today. And now I am the preacher of virtue. Why do you dwell on the weak side of man's nature? Don't you know that the greatest blackguard often has some virtue that is wanting in the saint? There is only one power, and that power manifests itself both as good and as evil. God and the devil are the same river with the water flowing in opposite directions."

The lady was horrified, but others understood. And then the Swami began to speak of the divinity that resides in everyone; how the soul is perfect, eternal, and immortal; the Atman, the indwelling God, resides in every being.

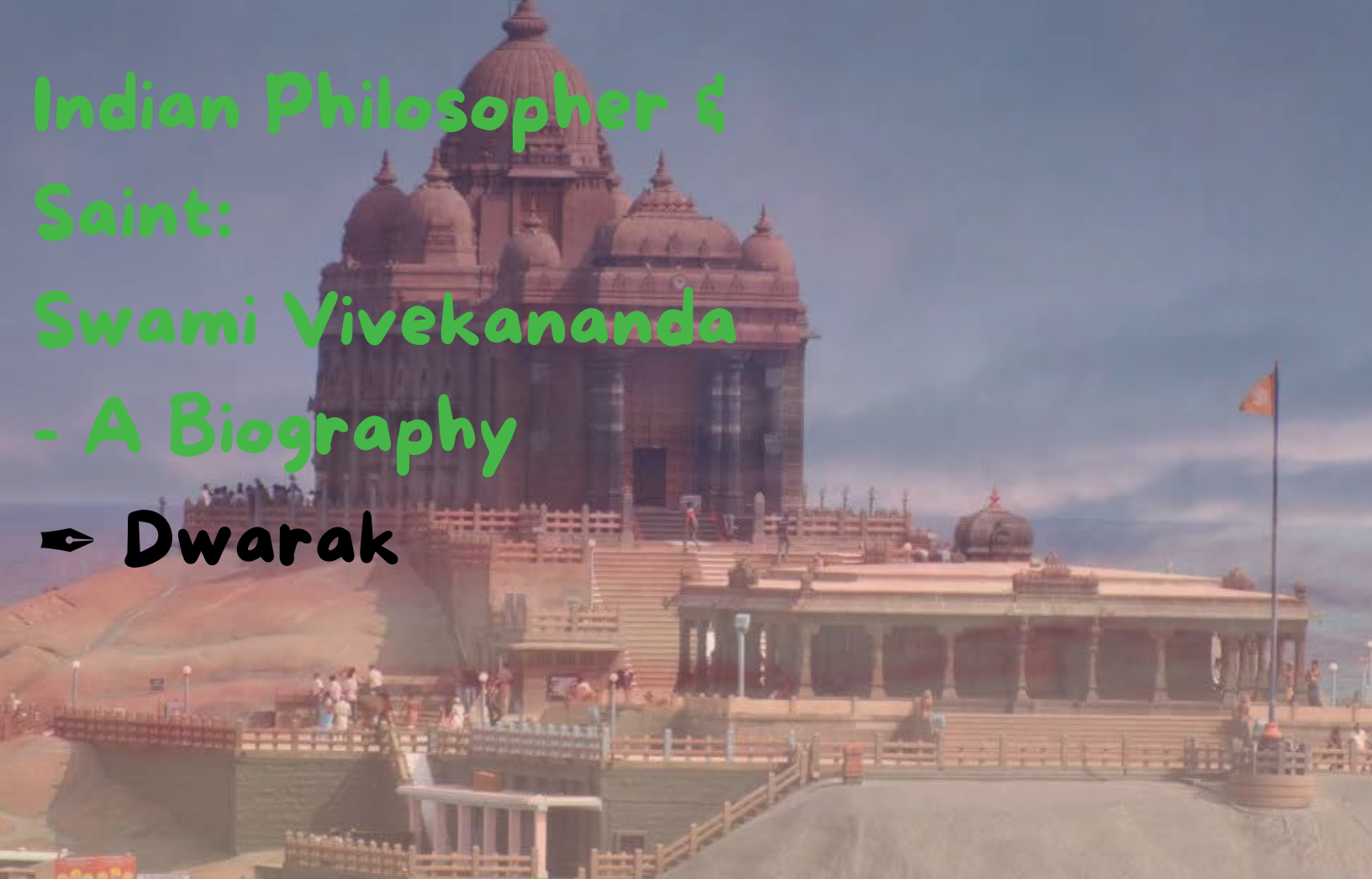
Indian Philosopher & Saint: Swami Vivekananda - A Biography

➤ Dwarak

In December, Vivekananda journeyed to Los Angeles, California where he continued speaking, often to large audiences. The Swami, as always, gave his message straight and without compromise. In a lecture called "Hints on Practical Spirituality," he said,

"We should look upon each other in the most charitable light. It is not so easy to be good. You are good because you cannot help it. Another is bad because he cannot help it. If you were in his position, who knows what you would have been? The woman in the street or the thief in the jail is the Christ that is being sacrificed that you may be a good person. Such is the law of balance. All the thieves and the murderers, all the unjust, the weakest, the wickedest, the devils, they are all my Christ. That is my doctrine. I cannot help it. My salutation goes to the feet of the good, the saintly, and to the feet of the wicked and the devilish. They are all my teachers. As I see more of the world, see more of men and women, this conviction grows stronger. Whom shall I blame? Whom shall I praise? Both sides of the shield must be seen."

On Christmas day, the Swami lectured on "Christ's Message to the World." As Josephine MacLeod would later recount. Perhaps the most outstanding lecture I heard was his talk on "Jesus of Nazareth," when he seemed to radiate a white light from head to foot, so lost was he in the wonder and power of Christ. I was so impressed with his obvious halo that I did not speak to him on the way back for fear of interrupting, as I thought, the great thoughts that were still in his mind. Suddenly he said to me, "I know how it is done." I said, "How what is done?" "How they make Mulligatawny soup! They put a bay leaf in it."



Indian Philosopher & Saint: Swami Vivekananda - A Biography ➤ Dwarak

In San Francisco, Swami Vivekananda was again busy as a public speaker, again speaking to large crowds while holding smaller classes for the more interested. It was a whirlwind schedule that tired him greatly but helped establish a solid foundation for Vedanta in America. Some of the lectures survive today in printed form. We have included here several of his talks, including Christ the Messenger, and Is Vedanta the Future Religion? (a talk on the future of Vedanta Philosophy in America). Of special importance to the West was his stress on what we call self-esteem. It is an important need in our daily lives, and in spiritual life. He said in his lecture Practical Vedanta,

"The ideal of faith in ourselves is of the greatest help to us. If faith in ourselves had been more extensively taught and practiced, I am sure a very large portion of the evils and miseries that we have would have vanished. Throughout the history of mankind, if any motive power has been more potent than another in the lives of all great men and women, it is that of faith in themselves. Born with the consciousness that they were to be great, they became great.

Let a man go down as low as possible; there must come a time when out of sheer desperation he will take an upward curve and will learn to have faith in himself. But it is better for us that we should know it from the very first.

Why should we have all these bitter experiences in order to gain faith in ourselves? We can see that all the difference between man and man is owing to the existence of non-existence of faith in himself. Faith in ourselves will do everything. I have experienced it in my own life, and am still doing so; and as I grow

Indian Philosopher & Saint: Swami Vivekananda - A Biography

➤ Dwarak

older that faith is becoming stronger and stronger.

He is an atheist who does not believe in himself. The old religion said that he was an atheist who did not believe in God. The new religion says that he is the atheist who does not believe in himself. But it is not selfish faith, because the Vedanta, again, is the doctrine of oneness. It means faith in all, because you are all.

Love for yourselves means love for all, love for animals, love for everything, for you are all one. It is the great faith which will make the world better."

Swami Vivekananda was to live for two more years, tirelessly championing the cause of a philosophy that saw God whose cathedral was the human body. He died at the age of 39. By the time of his death, he had founded the Vedanta Society of New York.

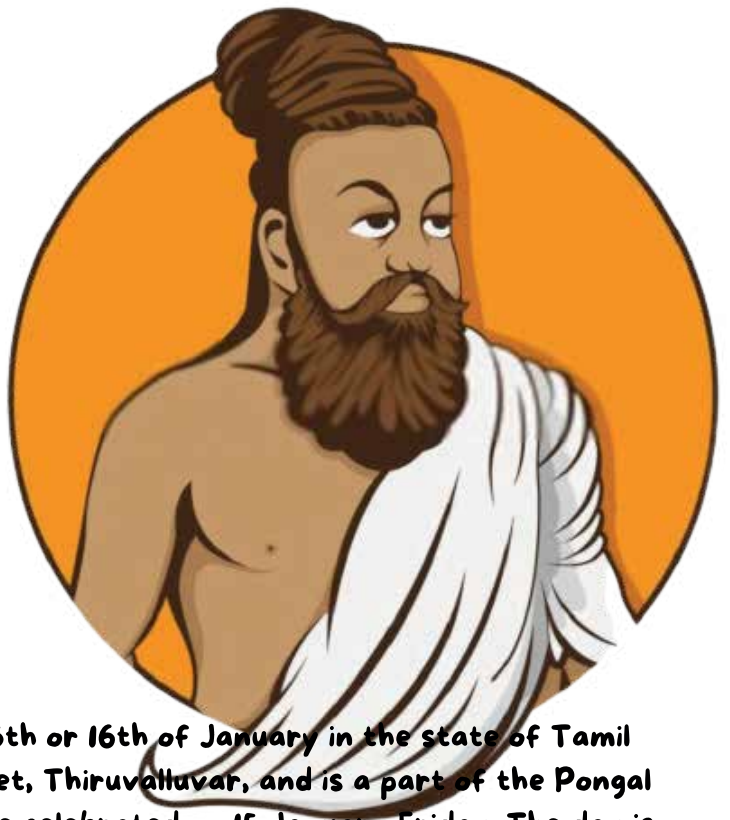
From his work would later come the Vedanta Society of Northern California and the Vedanta Society of Southern California. Words that he uttered at another time come to mind to explain death at such an early age,

It may be that I shall find it good to get outside my body -- to cast it off like a well-worn garment. But I shall not cease to work. I shall inspire men everywhere, until the world shall come to know that it is one with God.



Important Festivities: Thiruvalluvar Day 2021

➤ Gomathy



Thiruvalluvar Day is usually celebrated either on the 15th or 16th of January in the state of Tamil Nadu. The occasion is named after and honours the poet, Thiruvalluvar, and is a part of the Pongal celebrations. In the year 2021, Thiruvalluvar Day will be celebrated on 15 January Friday. The day is usually celebrated after the end of the three-day Pongal.

» When is Thiruvalluvar Day Tamil 2021 Celebrated?

Thiruvalluvar Day Friday, 15 January 2021.

» Significance of Thiruvalluvar Day:

Thiruvalluvar was a renowned philosopher and poet who was said to have lived in the 4th century BCE. His contribution to the Tamil literature is immense, which is echoed through his works that continue to inspire people to this day. Best known for penning Thirukkural, a collection of couplets on ethics, political and economic matters, and love, Thiruvalluvar is remembered by the people of Tamil Nadu through his literary work. A beautifully sculpted statue of the famed scholar exists in the city of Chennai.

THIRUVALLUVAR STATUE

VALLUVAR KOTTAM

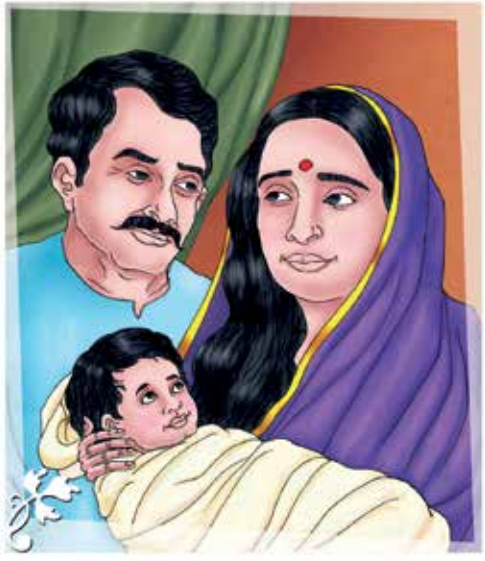
Recognised as the greatest Tamil scholar, a resolution to celebrate the day was passed on 17 January 1935.

» How is Thiruvalluvar Day Celebrated?

The day is quite similar to Raksha Bandhan where women pray for the well-being of their brothers. The women perform the rituals in the morning. Rice is put at the centre of a leaf as a part of the ritual while the women ask for the well-being of their brothers. This is followed by an Arati and turmeric water is sprinkled on the "kolam".

People also visit their relatives where the younger members pay respect to the elders while the elders show gratitude by offering a token amount. Another custom that is followed is leaving food on banana leaves for the crows to eat. This custom is followed in some of the parts of Tamil Nadu. So, if you are anywhere down south, don't forget to witness this heart-warming festival.

சுவாமி விவேகானந்தா: சிறுவர்களுக்காக ஒரு குறு கதை ➤ ஆதித்யன்



1863 ஆம் ஆண்டு ஜனவரி 12ந் தேதி விவேகானந்தா, விஸ்வநாத் தத்தா விற்கும் புவனேஸ்வரி தேவிக்கும் மகனாகப் பிறந்தார். விவேகானந்தரின் தந்தை வக்கீல் ஆவார்.

இளம் வயது முதற் கொண்டே விவேகானந்தர் மூட நம்பிக்கைகளையும், ஏற்றத்தாழ்வுகளையும் ஏற்றுக் கொள்ளாதவர்.

கண்மூடித்தனமாக எந்தக் கருத்துக்களையும் ஏற்றுக் கொள்ளாமல் அதற்கு விளக்கம் கேட்கும் பழக்கம் உள்ளவர்.



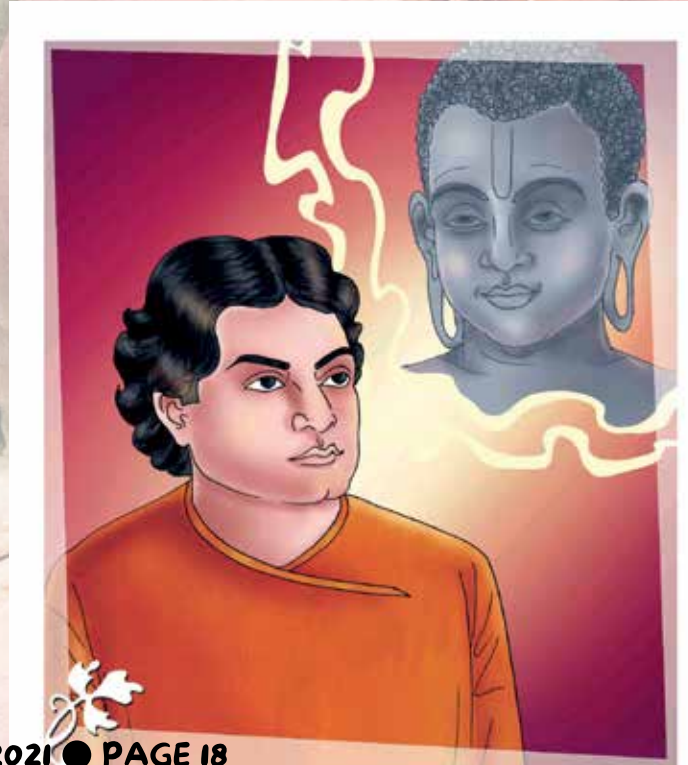
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இளம் வயது முதல் புத்தகங்களை
படிப்பதில் ஆர்வம் கொண்டவர்.

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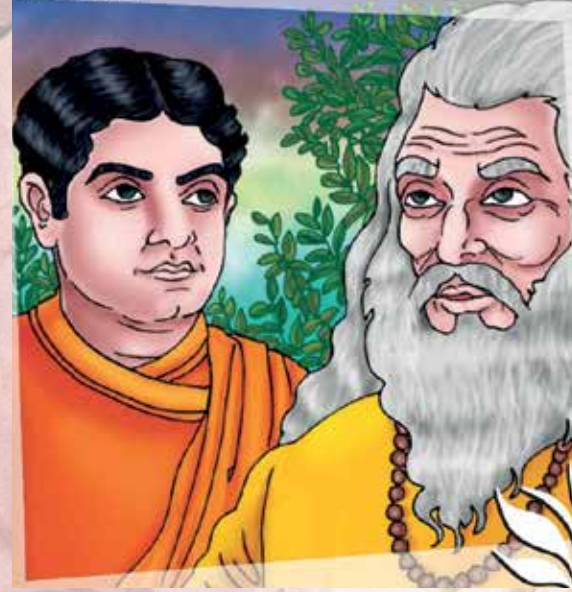
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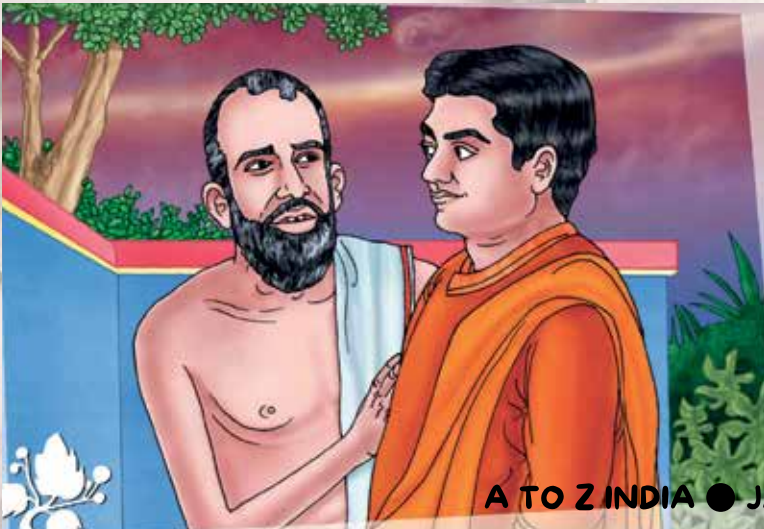
கல்கத்தாவில் உள்ள பிரிசிடென்சி கல்லூரியில் பயின்றார். பிறகு ஜெனரல் அசெம்பளி இன்ஸ்டிடியூட்டில் சேர்ந்து வாழ்க்கைத் தத்துவத்தையும் (Philosophy), ஜரோப்பிய நாட்டின் சரித்திரத்தையும் பயின்றார்.



பிறகு ப்ரம்மோ சமாஜ்ஜியத்தில் இணைந்தார். ஆனால் இன்னும் நிறைய அறிந்துக் கொள்ள விரும்பினார். அவர் கடவுளைக் காண விழைந்தார். பலரிடமும் வினவினார். ஏன் யாரும் கடவுளை பார்க்கவில்லையா? என எண்ணினார்.



இராமகிருஷ்ணா பரம்மஹம்சரிடம் ஐந்து வருடங்கள் பயின்றார். இராமகிருஷ்ணா, விவேகானந்தரிடம் உண்மையான ஆன்மீகத் திறமையைக் கண்டார். அவரையே தன்னுடைய மிகவும் பிடித்த சிஷ்யனாக்கினார்.



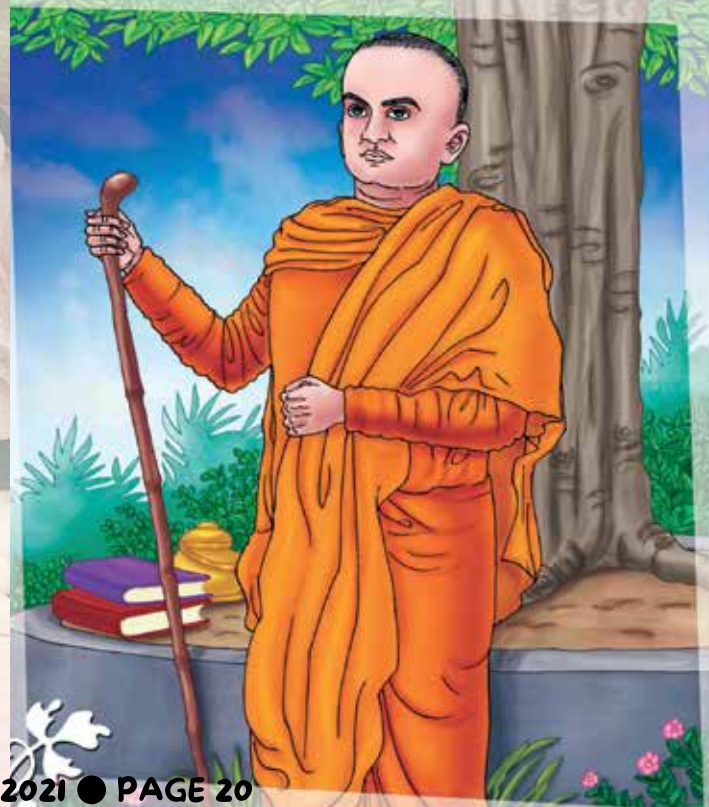
சுவாமி விவேகானந்தா: சிறுவர்களுக்காக ஒரு குறு கதை ➤ ஆதித்யன்



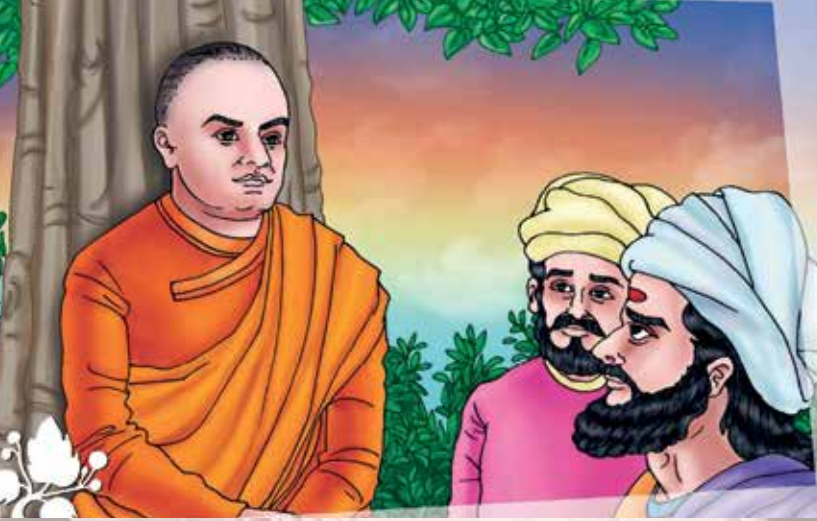
நாட்கள் செல்ல செல்ல இராமகிருஷ்ணர் நோயால் வாடினார். அவர் ஒரு நாள் விவேகானந்தரை அழைத்து எனக்கு பிறகு நீதான் இங்கு தலைமை பொறுப்பை ஏற்றுக் கொள்ள வேண்டும் என்று கட்டளையிட்டார்.

சில நாட்களில் இராமகிருஷ்ணர் இறைவனடி சேர்ந்தார்.

எல்லா சன்யாசிகளும் விவேகானந்தரை தலைமையேற்று தங்களை வழி நடத்தும்படி வேண்டிக் கொண்டனர். அவரை "சுவாமி விவேகானந்தா" என்றும் அழைக்கத் தொடங்கினர்.



சுவாமி விவேகானந்தா: சிறுவர்களுக்காக ஒரு குறு கதை ➤ ஆதித்யன்



சுவாமி விவேகானந்தா பல ஊர்களுக்குப் பயணித்தார். பல மேதைகள், எழுத்தாளர்கள், சன்யாசிகளுடன் உரையாடல் நடத்தியதால் இந்து சமயத்தை நன்கு அறிந்துக் கொண்டார்.

ஒரு முறை "சுவாமி விவேகானந்தர்" கடலின் அருகில் உள்ள ஒரு கல்லில் அமர்ந்து மூன்று நாட்கள் தியானத்தில் இருந்தார். அந்த இடம் அவர் நினைவாக இன்றும் போற்றப்படுகிறது.

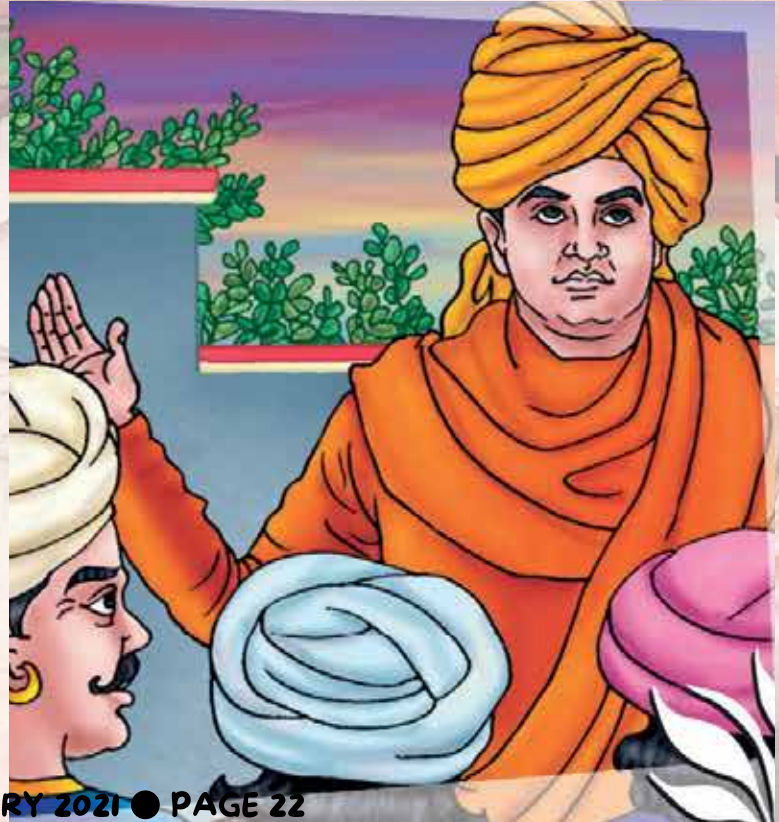


சுவாமி விவேகானந்தா: சிறுவர்களுக்காக ஒரு குறு கதை ➤ ஆதித்யன்



அவர் சிகாகோவில் நிகழ்த்திய உரை அனைவரையும் கவர்ந்தது. இதனால் அவரின் உரையை கேட்க நிறைய அழைப்புகள் வந்தன.

1895 ஆம் ஆண்டு சுவாமி விவேகானந்தர் மிகவும் பலவீனமாக உணர்ந்தார். எனவே உரையாடலை குறைத்து வேதாந்தத்திலும், யோகவிலும் தன்னை ஈடுபடுத்திக் கொண்டார்



சுவாமி விவேகானந்தா: சிறுவர்களுக்காக ஒரு குறு கதை ➤ ஆதித்யன்



கொலும்பில் அவர் ஆற்றிய
உரையை கேட்டு காந்தி, திலக்,
பிபீன் சந்திரபால் ஆகியோர்
மிகவும் ஊக்கம் பெற்றனர்



சுவாமி விவேகானந்தர் தனது இனம்
வயதிலேயே (39) உயிர் நீத்தார் (ஜீலை 4, 1902).

அவருடைய கருத்துக்கள் இன்றைய
தலைமுறைக்கு ஏதுவாக இருந்ததால் மக்கள்
இன்றும் அவருடைய எண்ணங்களை பின்பற்றி
வாழ்கின்றனர்.

ஜெய் ஹிந்த்!

கலாச்சாரம்: ॐ ஐ ஸு

கவலைகளை

விரட்டுவாள்

காளிகாம்பாள்!

சங்கர்



கலாச்சாரம்: ஐ ஐ ஐ
கவலைகளை
விரட்டுவாள்
காளிகாம்பாள்!

சங்கர்



வாழ்வில் இனிப்பூட்டும்

உணவு:

சுவை மிகுந்த சக்கரைப் பொங்கல்

➤ சங்கர்



» கோவிலில் வைத்த சக்கரைப் பொங்கல்:

இன்று கோவிலில் வைத்து வரும் பொங்களுக்கு உபயோகமான விறகு அடுப்பு பாரம்பரிய பொங்கல் என்பதால் பகிர்ந்தேன்.

» ஸ்டெப்ஸ்:

முதலில் பச்சரி, பாசிப்பருப்பு இரண்டையும் கழுவி அந்தத் தண்ணீரை பொங்கல் வைக்கும் பானையில் ஊற்றிக் கொள்ள வேண்டும். பின் பால்ச் சேர்க்க வேண்டும். இதுவே நம் பாரம்பரியம். இதில் உள்ள தண்ணீரும் பாலும் பொங்கி கீழே ஊற்றும்.

ஊற்றியப்பின் நுரைகளையும் கீழே ஊற்றிக் கொள்ளவேண்டும். பின் அதிகமாக உள்ள தண்ணீரை அரிசிப்போடுவதற்காக குறைத்துக் கொள்ள வேண்டும்.

அரிசியும், பருப்பும் வெந்து விட்டதா என்று அடிக்கடி பார்க்கவும் மற்றும் அடிக்கனமான பானை என்பதால் கீழிருந்து மேலாக அடிப்பிடிக்காமல் கிண்டிக் கொள்ளவும். பின் அரிசியும் பருப்பு வெந்ததும் தண்ணீரும் இஞ்சம் சேர்க்கவும்.



வாழ்வில் இனிப்பூட்டும்

உணவு:

சுவை மிகுந்த சக்கரைப் பொங்கல்

➤ சங்கர்



தண்ணீர் இஞ்சியதும் வெல்லத்தை நன்றாகத் தட்டி வைத்துக் கொள்ளவும்.

தட்டிய வெல்லத்தை சிறிது சிறுதாகச் சேர்க்கவும். கிண்டியப்படியே சேர்க்கவும். வெல்லம் உருகும் தன்மைக் கொண்டது எனில் மறுபடி தண்ணீர் பதம் கிடைக்கும் பின் ஏலக்காய், சுக்கு இரண்டையும் தட்டிச் சேர்க்கவும்.

பிறகு அடுப்புத் தீயில் ஒருக்கரண்டியின் உதவியால் நெய் ஊற்றி சூடானதும் கிஸ்மிஸ், முந்திரியை பொறித்துக் கொள்ளவும். பின் பொங்களுக்குள்ச் சேர்க்கவும் கடைசியாக நெய் முழுவதையும் ஊற்றி நன்றாக அடிப்பிடிக்காமல் பொங்களைக் கிண்டி இறக்கவும்.

கோவிலில் செய்யும் பாரம்பரியம் மிக்க சக்கரைப் பொங்கல் தயார். இலையில் பரிமாறி ருசிக்கவும்.



பொங்கல் தின
சிறப்பு உணவு:
வெண் பொங்கல்
卐卐卐卐卐卐卐



► இந்திரா ஸ்ரீவத்ஸா

» வெண் பொங்கல்:

பொங்கல் பண்டிகையன்று வெண்பொங்கல் அல்லது சர்க்கரைப் பொங்கல் கட்டாயம் தென்னிந்தியாவில் உள்ள பெரும்பாலானோர் இல்லங்களில் கட்டாயம் இடம் பிடித்திருக்கும்.

பொங்கலில் பலவகை உண்டு. அதில் சர்க்கரை பொங்கல், வெண் பொங்கல், மிளகு பொங்கல், மற்றும் புளி பொங்கல் குறிப்பிடத்தக்கது. அதில் இன்று நாம் இங்கு காண இருப்பது வெண்பொங்கல். வெண்பொங்கல் தென்னிந்தியாவின் பாரம்பரியமான ஒரு உணவு வகை. இதை பெரும்பாலும் விசேஷ நாட்களில் அவரவர் வீடுகளில் மக்கள் காலை நேர டிஃபனாக செய்து உண்கிறார்கள். குறிப்பாக பொங்கல் பண்டிகையன்று வெண்பொங்கல் அல்லது சர்க்கரைப் பொங்கல் கட்டாயம் தென்னிந்தியாவில் உள்ள பெரும்பாலானோர் இல்லங்களில் கட்டாயம் இடம் பிடித்திருக்கும்.

இவை பெரும்பாலும் சாம்பார் மற்றும் தேங்காய் சட்னியோடு சேர்த்துதான் பரிமாற படுகிறது. வெண்பொங்கலோடு மெது வடை காம்பினைஷன் தென்னிந்தியா முழுவதும்படு ஃபேமஸ். இந்த காம்பினைஷன்க்கு என்று ஒரு தனி கூட்டம் தமிழ்நாடு, ஆந்திர பிரதேஷ், மற்றும் கர்நாடகாவில் உண்டு.



✍ **இந்திரா ஸ்ரீவத்ஸா**



A TO Z INDIA ● JANUARY 2021 ● PAGE 29

பொங்கல் தின சிறப்பு உணவு: வெண் பொங்கல் ஈஈஈஈஈஈஈஈஈஈஈஈஈஈ

➤ இந்திரா ஸ்ரீவத்ஸா



HAPPY PONGAL

இப்பொழுது ஒரு pan ஐ மிதமான சூட்டில் அடுப்பில் வைத்து அதில் 2 மேஜைக்கரண்டி அளவு எண்ணெய் மற்றும் நெய் சேர்த்து சுட வைக்கவும்.

எண்ணெய் சுட்டதும் அதில் ஒரு மேஜைக்கரண்டி மிளகு, ஒரு மேஜைக்கரண்டி சீரகம், பச்சை மிளகாய், தட்டி வைத்திருக்கும் இஞ்சி, முந்திரி, மற்றும் பெருங்காய தூள் சேர்த்து வதக்கவும். சிறிது நேரம் வதக்கியதும் அதை இறக்கும் முன்பு சிறிதளவு கருவேப்பிலையை அதில் சேர்த்து ஒரு கிளறு கிளறி இறக்கவும்.

இப்பொழுது இதை குக்கரில் இருக்கும் பொங்கலில் ஊற்றி நன்கு கலந்து விடவும். பின்பு மீதமுள்ள நெய்யை ஊற்றி மீண்டும் ஒரு முறை நன்கு கலந்து விட்டு அதை எடுத்து ஒரு தட்டில் வைத்து சுட சுட பரிமாறவும்.

இப்பொழுது உங்கள் சூடான மற்றும் சுவையான வெண்பொங்கல் தயார். இதை கட்டாயம் உங்கள் வீட்டில் செய்து பார்த்து உங்கள் குடும்பத்தாருடன் சேர்ந்து உண்டு மகிழுங்கள்.



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Lord Ganesha - The Remover of Obstacles!



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